

Fried Eggs

Ingredients

Eggplant, brd, fried, FS.

Nutrients per serving

Nutrition Facts	
Serving Size 2 Eggs (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	